



**SEATTLE CONSERVATION CORPS**  
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### GENERAL CELL PHONE STATISTICS

SUBMITTED BY: *CONSERVATION KOALA*

(NOTE: THESE ARE THE MOST RECENT STATISTICS AVAILABLE.)

- THE NATIONAL SAFETY COUNCIL REPORTS THAT CELL PHONE USE WHILE DRIVING LEADS TO 1.6 MILLION CRASHES EACH YEAR.
- NEARLY 330,000 INJURIES OCCUR EACH YEAR FROM ACCIDENTS CAUSED BY TEXTING WHILE DRIVING.
- ONE OUT OF EVERY FOUR CAR ACCIDENTS IN THE UNITED STATES IS CAUSED BY TEXTING AND DRIVING.
- TEXTING WHILE DRIVING IS SIX TIMES MORE LIKELY TO CAUSE AN ACCIDENT THAN DRIVING DRUNK.
- ANSWERING A TEXT TAKES AWAY YOUR ATTENTION FOR ABOUT FIVE SECONDS. TRAVELING AT 55 MPH, THAT'S ENOUGH TIME TO TRAVEL THE LENGTH OF A FOOTBALL FIELD.
- TEXTING WHILE DRIVING CAUSES A 400% INCREASE IN TIME SPENT WITH EYES OFF THE ROAD.
- OF ALL CELL PHONE-RELATED TASKS, TEXTING IS BY FAR THE MOST DANGEROUS ACTIVITY.
- 94% OF DRIVERS SUPPORT A BAN ON TEXTING WHILE DRIVING.

### -RECIPE OF THE MONTH-

Submitted by: Ruth P.

#### ***CLASSIC MACARONI SALAD***

- 4 Cups uncooked elbow macaroni
- 1 Cup mayonnaise
- ¼ Cup Sweet Rice Wine Vinegar
- 2/3 Cup white sugar to taste
- 1 ½ Teaspoons salt
- ½ Teaspoon ground black pepper
- 1 Large red onion diced small
- 2 Stalks celery, diced small
- ½ Green, Red, and Yellow bell pepper diced small

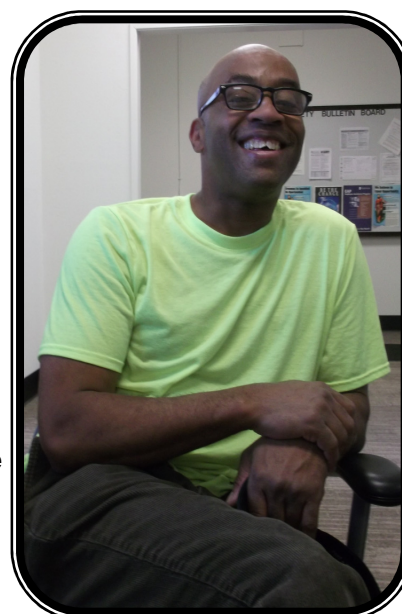


- Bring a large pot of lightly salted water to a boil. Add the macaroni, and cook until tender, about 8 minutes. Rinse under cold water and drain.
- In a large bowl, mix together the mayonnaise, vinegar, sugar, salt and pepper. Stir in the onion, celery, bell peppers and macaroni.
- Refrigerate for at least 4 hours before serving, preferably overnight.

### -ACKNOWLEDGMENT OF THE MONTH-

**INTERVIEWER** "Many folks at the SCC have been commenting on the new found cleanliness we see. We would like to acknowledge our very own custodian Victor Baird for this accomplishment. (Pictured right) Thank you! We appreciate all your efforts more than you know. What would you say your favorite part of your new job assignment is, Vic?"

**VICTOR** "I like to be helpful and to be there for people when they need me, so the fact I am now always around is ideal. I'm flexible about a lot of things that I do at the Corps. I stay very energetic, open-minded and sincere about my work. This makes it easy to adapt and get the job done."



SEATTLE PARKS AND RECREATION

## **-THE CORPS AT ITS BEST-**

Volume 7, Issue 2

May 2015

### -PROJECT OF THE MONTH- ***HORIUCHI P-PATCH*** 10TH & SPRUCE STREETS

We are recognizing Ryan Burn's crew in this month's issue as project of the month. The crew completely transformed an empty space into a communal gardening ground for the local residents. P-Patches are great areas for those who do not possess a garden of their own, but desire to nurture a space of vegetation to call their own. Although this job concluded several months ago, we wanted to acknowledge a job

well done by Ryan and the crew. Thank you for helping make Seattle more beautiful!

Now a few words from crew member Michael B., who participated in this project. "I learned a lot working on this job, particularly the concrete work interested me and gave me some knowledge I can take with me. Changing my ways in life to where I was building Seattle up rather than tearing it



BEFORE

down was a great feeling. Knowing I was doing something for others to enjoy made me feel proud and inspired to work for the Corps."



AFTER



AFTER



## **-INTERVIEW OF THE MONTH-**

### **WITH CHARLES LITTLE**

**INTERVIEWER-** “Hello, Charles. How are you today? When did you arrive at the Corps?”

**CHARLES-** “I’ve never had it so good. I first got to the Corps July 16, 2014, through Seadrunar Recovery Center.”

**INTERVIEWER-** “You’re getting close to being here a year. What have been your biggest accomplishments?”

**CHARLES-** “When I left Seadrunar I was asked to make a list of 15 goals to work towards as a five-year plan, and in a year I have unintentionally completed all of them. In this program I have learned a lot of real life skills. I have learned to coexist with other people. My work ethic has greatly improved. I now have a driver’s license, insurance, a car, a roof over my head, and I’d never had anything of that before. On Thursday, April 30, I will complete Drug Court, which I never thought I’d do. Before Seadrunar, Drug Court and the Conservation Corps, I never completed things, other than destroying my life a day at a time.”

**INTERVIEWER-** “Those are all things to be proud of, Charles. On the topic of goals, moving forward, where do you see yourself in the near future?”

**CHARLES-** “Going back to school part-time, getting a degree in mobile applications and obtaining my commercial driver’s license.”

**INTERVIEWER-** “Wow. All that should keep you busy for a while. So, you moved out of Seadrunar Recovery Center, right? Where do you reside now?”

**CHARLES-** “I currently live at an Oxford House with people I went through treatment with. I have accumulated two years of sobriety; weekends included.”

**INTERVIEWER-** “Congratulations. What are the ways in which you continue accumulating sober time? How do you think the Corps has contributed to that?”

**CHARLES-** “It helps to be surrounded by people who have been where I’ve been and are striving to make the changes I am. Most of the people in this program have been a huge support. The groups where we meet are conveniently held twice a week here at The Corps before work. I also seek outside support through a 12-Step way of life. I am very thankful for all that the Conservation Corps has done to help me along this journey. The support that I have found here has been of great importance to the way I live my life today. I deeply appreciate all the efforts from the staff of The Corps.”

**INTERVIEWER-** “I appreciate you taking out some time to tell us a little about how far you’ve come. Thanks, Charles.”



## **“I LIKE TO THINK THAT THE FUTURE OF THE PLANET IS TODAY, NOT TOMORROW”**

**-SUBMITTED AND WRITTEN BY: GREG EVANS/SUPERVISOR-**

In January 2015, the Seattle Conservation Corps went “Waste Green.” We removed all of our inside and outside main garbage cans and replaced them with new compliant cans. As you see in the photos there are now three cans to each station inside and out. Each station also contains a poster explaining in detail what waste goes in which can. From left to right. (Green) Food + Compostable items, (Blue) Recycle, and (Black) Garbage. This is a work in progress. Eventually we hope to increase our compost and recycling and reduce garbage as much as possible.



## **-WORDS OF WISDOM-**

**SUBMITTED BY:**

**ANGELO SAVALA**

“I chose the following words inspired by a post I read on thinking positive and taking positive action.”

**BEFORE YOU PRAY – BELIEVE**

**BEFORE YOU SPEAK – LISTEN**

**BEFORE YOU SPEND – EARN**

**BEFORE YOU WRITE – THINK**

**BEFORE YOU QUIT – TRY**

**BEFORE YOU DIE – LIVE**

**~Author Unknown**

## **DO NOT FEAR**

**SUBMITTED BY: LANCE ESSEX**

“I found this online and right away it grabbed me. As I came to the Corps, I was scared and unsure, but since being here with all the help that I’ve received, that fear has been calmed. So let’s shine!”

**Our deepest fear is not that we are inadequate, our deepest fear is that we are powerful beyond measure.**

**It is our light, not our darkness that most frightens us.**

**We ask ourselves, ‘Who am I to be brilliant, gorgeous, talented and fabulous?’**

**Actually, who are you not to be?**

**You are a child of God.**

**You’re playing small does not serve the world.**

**There’s nothing enlightened about shrinking so that other people won’t feel insecure around you.**

**We are all meant to shine, as children do.**

**We were born to make manifest the glory of God that is within us.**

**It’s not just in some of us; it’s in everyone.**

**And as we let our own light shine, we unconsciously give other people permission to do the same.**

**As we’re liberated from our own fear, our presence automatically liberates others.**

**~Author Unknown**

## **-TESTIMONY OF THE MONTH-**

**SUBMITTED BY: FREDRICK CALHOUN**

**“The Conservation Corps gave me the skills to work with other people no matter what race or color. I’ve taken all I can from the people who know how to do each job right, and was willing to listen and learn from them so I could teach other people. During the time I have been here, I was able to get my driver’s license reinstated and for the first time have an apartment of my own, and I feel proud of these accomplishments. By working with the counselors, in all the ways they have helped me, I can see how it has built my faith in people again. I cannot put into words the gratitude I feel towards them for all they have done for me. I love the Corps.”**

## **-NEW CORPS MEMBERS-**

We want to welcome some additions to our SCC family! On April 22 a new group started orientation. During that time, certain employees at the Corps discussed the opportunities, rules and guidelines, and gave instructions on how to assemble these well-crafted toolboxes, pictured here. (Left to right: Reynaldo, Victoria, Michele, Amber, Candice, returning Michael B., and Shalenia.)

